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# Food and Nutrition

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FIGHTING HUNGER IN THE WILDERNESS



# the pre-packed lunch!



*Sister Patrice, principal of the St. Anthony de Padua school in Philadelphia, helps a small girl remove the foil cover from her lunch. St. Anthony's participates in the lunch program sponsored by the Cardinal's Commission on Human Relations under the guidance of Patrick Temple-West (right).*



## how it works in Philadelphia

IN DECEMBER 1970 an innovative lunch program was introduced on an experimental basis in a parochial school on Philadelphia's south side. They called it the "cup-can" system because the youngsters ate their meals out of cans heated in a special portable oven.

In June 1971, Assistant Secretary of Agriculture Richard Lyng, along with representatives of FNS, the Archdiocese of Philadelphia and private industry, converged on the school to proclaim the experiment an outstanding success and gave it the go-ahead to be started in other schools.

The program that began so modestly at the St. Anthony de Padua school was soon expanded to ten other parochial schools in low-in-



come Philadelphia neighborhoods as well as in several schools around the country.

In the fall of 1972, St. Anthony's, along with 24 other Philadelphia schools, graduated to a more sophisticated "pre-pack" system of food service. Successfully tested in one Diocesan school this spring, the new program offers a greater variety of meals than the cup-can system.

According to Patrick Temple-West, who oversees the program under the Cardinal's Commission on Human Relations, the cup-can system was "an emergency stop-gap" type of service geared to poverty area schools. "It served our purpose well when we started," he said, "but now that we have the resources, we are able to operate a more sophisticated and regular food service."

In an effort to make the new meal service a Philadelphia enterprise, Mr. Temple-West obtained the cooperation of two local firms to implement the mechanics of the program.

Initially, the Pennbrook Dairy signed a contract with the Cardinal's Commission on Human Relations to deliver milk as well as hot and chilled "pre-packs" to the participating schools. The dairy in turn subcontracted the preparation of these meals with Purity Caterers. The Commission pays Pennbrook a specified sum for each meal it delivers.

Because FNS has determined that these schools fall into the especially needy category, the Commission receives from FNS the maximum allowable reimbursement of 60 cents per meal. This is reduced by the amount each child pays for his meal or the cost of producing each lunch, whichever is the lesser.

Since most of the 4,000 participating youngsters come from low-income families, less than 1 percent pay the full 55 cents price. Approximately half are charged the reduced rate of 10 cents while the remainder receive their meals free.

In order to get the "pre-pack" program started, the Commission had to equip each school with a convection oven costing \$1,000 and a \$2,000 portable trash compactor. FNS paid 75 percent of the cost under the non-food assistance clause of the National

School Lunch Act.

The convection oven can heat 160 pre-packs in 25 minutes, while the trash compactor reduces garbage to one-sixth its original size.

Because most of these older, inner-city schools were built at a time when youngsters went home for their noon meal, the schools were not equipped to operate a food service program. Since it was almost impossible for these schools to afford the cost, much less to find suitable space for food service equipment, the food had to be centrally prepared in another location and then delivered, or "satellited," to the schools for on-site heating.

This was the basic premise of the "cup-can" system. The same is true for the "pre-pack" luncheon. In both cases, heating equipment which takes very little space and is easily operated was put into use.

Since the schools rely on unpaid volunteers, the lunch program has to be designed so that a minimum number of untrained persons can perform the essential tasks at each school.

The "pre-pack" program makes this possible because the on-site preparation is confined to the heating of individual meals in the convection oven. The clean-up operation has also been simplified since there are no dishes or utensils. Everything goes into the portable trash compactor, which has played a major role in selling the program to many schools.

Mr. Temple-West is very pleased with the program because of its flexibility. The number of meals that are prepared (usually the day before) can be very easily controlled. In addition, menu changes can be made a week in advance, and in some cases, with a day's notice. All meals must meet USDA's nutritional requirements for a Type A lunch. Donated foods are made available by USDA to help keep food purchasing costs down.

In addition, the financial picture is good. "We have now become self-supporting, which is an enormous breakthrough," commented Mr. Temple-West.

During the past 2½ years, the Commission food program under Mr. Temple-West's guidance has come a

long way toward providing a nutritious meal service for deprived youngsters.

Last year the program served about 360,000 lunches, and from the looks of things, these figures will be soon topped. ☆

## it meets the needs of San Elizario

SAN ELIZARIO, TEXAS, a small community near the banks of the Rio Grande River, has a history which dates back to the earliest Spanish explorations of this country. The town was one of the first Spanish settlements here, and the Spanish Viceroy's palace still stands on the outskirts of the community.

While rich in heritage, the San Elizario of today has many low-income families. Because the school district is one of the poorest financially in the State, it has little extra money.

Therefore, even though school officials recognized that many of their students were not eating properly and could benefit from a school lunch program, they were reluctant to spend the money needed to provide the school with food preparation facilities.

In addition, Superintendent Robert Flynt points out, there had been some concern about student acceptance. "We had seen the reception to the school lunch program in nearby schools with a high Mexican-American enrollment," he explains. "The students, unfamiliar with many of the foods, refused to eat."

Charles Cole of the Texas Education Agency's school lunch division proposed a plan involving minimal expense: Use frozen prepacked lunches—similar to the ones served by some airlines—that would meet USDA's "Type A" meal requirements.

To serve these meals the school would need only an oven to heat the foods, a freezer to store a week's supply of the food and a cooler to keep milk. A half-pint of whole milk is required with every meal served in the National School Lunch Program.

Much to the superintendent's sur-



prise, when the first lunches were served in late March, the students were delighted with the food and cleaned their plates.

Since Superintendent Flynt also teaches vocational agriculture, he had considered buying a couple of hogs as a class project and feeding the hogs the food scraps.

"We aren't getting enough scraps to keep even one hog going," he laughs.

The Catholic church across the street from the school has provided its fellowship hall to serve as a school cafeteria. The oven is located there, while the cooler and freezer have been placed in the school auditorium.

VISTA volunteers heat the food and serve it to the students. "We have had only one major problem so far," reports Jeff Kirsch who heads the local VISTA project. "The deliveryman put our first shipment of milk in the freezer instead of the cooler so we had frozen milk for our first meal." Since then the feeding operation has gone smoothly. Around 90 percent of the lunches served are free.

Pronto Food Corporation, which prepares the frozen lunches, offers 12 selections, consisting of meat, fruits and vegetables. Bread is served with the meal. However, the school has eliminated a few selections that the students don't particularly like. Pizza-burger is a big favorite and is served frequently.

"We are by no means endorsing this feeding method over other methods and certainly would not recommend it for just any school," Superintendent Flynt says.

"But in the case of San Elizario, it is meeting the needs of a school with limited funds and facilities, and with an extremely high percentage of needy boys and girls. Many of the students are, for the first time in their school experience, receiving a nutritious meal for lunch."

An average of 308 students per day out of an enrollment of 350 have eaten the school lunches since the program started, a clear indication that San Elizario students like the school lunch program—even when unfamiliar food appears on the menu. ☆

## a happy stopping place

By Benedicto Montoya

**E**ACH YEAR AN estimated 15,000 men, women and children come to the eastern Oregon-Washington valley called Walla Walla, pausing long enough to harvest a crop, work a field and then move on—a new place, another job.

For the men, women and older children, the hot summer days are filled with work, starting soon after the sun rises and ending when "enough" money has been made or when fatigue overtakes them.

But for children too young to work alongside their parents, it is an un-

productive day, made longer by the lack of something to do in the functional setting of the farm labor camp.

In the small farming community of Milton-Freewater, Ore., the young children of the migratory farm workers no longer have to "hang 'round" the labor camp, nap in the family vehicle, or play in the hot fields and orchards while their parents work nearby. Instead, the few days, weeks, and even months spent in this community of 4,100 people are productive, important and full—thanks in large part to a food program.

Donated foods and cash reimbursement provided by USDA's Special Food Service Program for Children are often the make-or-break factor in the operation of a nonprofit day care center. For without food assistance, and faced with breakfast, lunch and snacks, it is a day-to-day struggle for contributions of food and food money. There is little breathing room or funds for child development programs.

Such was the case when the Milton-Freewater Educational Day Care Center was established.

Out of concern for the welfare of the children of the migratory workers, as well as the need for the yearly return of the workers, and as a service to the community, the citizens of Milton-Freewater began a day care program in 1963.

With community and volunteer support, an old run-down building was transformed into a facility to accommodate 20 children. Located next to a farm labor camp, it was donated by the Council of Churches.

Often there were more children than the building could easily handle. "Many days," says the energetic director of the center, Mrs. Beverly Walker, "there would be close to 60."

In sharp contrast to the current sophisticated and smooth running operation that now characterizes the educational day care center, there was little to work with in the way of equipment, money or food. "We were so busy—refereeing fights, making jelly sandwiches, and pouring kool-aid," Mrs. Walker recalls.

In those early days food was a real problem. Mrs. Walker remembers



a man who gave the center skim milk. "He sold the cream, his only income." There was bruised fruit from the packing sheds and tomatoes and cucumbers when backyard gardens were flourishing. "It was touch and go. So many to feed and so little to give them."

As the center became better established and known, things did get better. "The church people collected money for pasteurized whole milk, and we had donations of fresh vegetables. We made stew without meat until the police heard of our meatlessness and gave us frozen deer and elk, confiscated when shot out of season or without a license. Too many well-meaning people to count."

More money was donated to the center in 1967 and the old run-down building was turned into a "really nice, clean center with facilities for 40 children. But still, no money for food."

Mrs. Walker explains, "People who ate well did not realize the real necessity of a good hot lunch for children who had only candy or a bottle of pop for dinner. Mother was tired from her day in the field and the labor camp had wood stoves to cook on. It was usually 110° in the cabins. Thus, no cooking."

Eventually Mrs. Walker and her staff heard about USDA-donated foods and started writing letters to anyone they thought might respond. She finally made contact with the FNS Child Nutrition Division in San Francisco.

When the migrant children came in April 1968, the staff was ready for them. The food was delicious and they had a good cook.

Mrs. Walker recalls the children's reaction to the meals. "They would put the food in their pockets until they realized they could have all they wanted at each meal and that they would receive good, hot food twice a day, a light snack in the morning, and all the sandwiches and whole milk they could eat before going home."

Freedom from the search for food has allowed the Milton-Freewater Educational Day Care Center to expand into other areas, which benefit not only the children of migratory

workers, but the entire community as well.

In the evenings, for example, adult education classes are offered. The day care center, which was furnished with community donations, now serves the community as a collection and distribution point for articles of clothing. There is a library. Teenage girls are given classes in babysitting and when the center is full, parents are referred to these sitters. The pre-school children are prepared for school and

*Mrs. Beverly Walker, director of the Milton-Freewater Day Care Center, greets the children at the door. Many of them arrive as early as 5 a.m. to start their activities.*



older children are given help with their school problems. During the school year, the center operates a kindergarten.

From very humble beginnings the center has grown into a three-building, fenced-in area. The local Farm Labor Board has even rebuilt the farm labor camp next door. It now accommodates 56 families.

The Farm Labor Board, headed by Mr. Walt Roloff, owner of one of the area's largest farms, strongly supports the center and has provided a new building (one of the three) built to the specifications of Mrs. Walker and her staff. The board has plans to expand this building to take care of an additional 50 children. The Farm Labor Board also plans to enlarge some family units to accommodate larger families.

During the summer months, the center handles 100 children a day, ranging in age from one month to 13 years. Nearly all are children of migrant farm workers. Year 'round average is about 85 children per day. The staff ranges from 16 during the winter months to 40 during the harvesting season, and includes a full-time cook and nurse, and even a coach from the community who works with the older children.

During the winter, 40 percent of the children pay for their care. But in the summer, with the arrival of the migrants, this figure falls to 10 percent.

The community of Milton-Freewater is still involved with its center. There is one man who brings a box of cucumbers every couple of days; a lady who lives 30 miles away brings cookies; and senior citizens make quilts for the center to use as bedding. At the end of the harvesting season, farmers let the children from the center go into their orchards to gather fruit not gathered in the harvest.

While the struggle for existence seems solved for the center, thanks to community support and USDA's Special Food Service Program for Children, the day-to-day operational problems have grown with the size of the center. But, as Mrs. Walker says, "If the food is good, it seems all other problems are minor." ☆



# FIGHTING HUNGER IN THE

distribution center in Sault Sainte Marie (the Soo).

Chippewa County is 90 by 55 miles of forests, hills, islands and Lake Superior coastline on the upper northeast end of Michigan's Upper Peninsula. Most is wilderness serviced by few primary roads.

"Some needy people would have to drive over 150 miles round trip to pick up their foods at the Soo if it weren't for our bus delivery system," says Alvin G. Covell, county Department of Social Services director. "Such a drive would be difficult in summer and next to impossible in winter, for our average snowfall of 130 inches often isolates small communities."

*By Charles T. Weirauch*

**W**IND-WHIPPED MARCH snow obscured vision across frozen Detour Channel as groups of observers huddled together against the chill. They were straining to spot a small ferry hammering its way toward them through a narrow passageway cut in lake ice nearly 3 feet thick.

Three of the observers from the Chippewa County, Mich., Department of Social Services, were especially concerned. If the Drummond Island ferry became trapped in the 3-mile wide ice pack, 30 island residents might have to go without food for at least a month.

Vernon Anderson, on board the ferry with his pick-up truck, was less worried. He was sure that the craft would be able to reach the mainland of Michigan's Upper Peninsula at Detour. There a 48-passenger converted school bus filled with food and its three-man crew were waiting for him. After all, he had made the round trip to Detour and back to Drummond Island to voluntarily deliver food door-to-door all winter long without incident.

The food Anderson did deliver—and still does today—is from USDA's food distribution program. The school bus is the county's method of getting donated foods to qualified needy families who cannot get to the food

The food distribution bus makes stops in or near 19 such communities while on the road 8 days a month. Distribution in the Soo Center lasts for 4 days and services those persons able to come in and get their foods. On the average, 206 families comprised of 904 persons receive USDA foods from the bus. About 980 families or 2,618 persons pick up the foods at the self-distribution site.

"These figures show how we have increased food program participation by 25 percent since we first began bus delivery in October 1971," Covell points out. "Even though the seven routes we use to reach outlying disadvantaged families are long and time consuming, all have proved well worth the effort."

The longest run is to Paradise and Eckerman on the western coast of Lake Superior's Whitefish Bay. It's a 180-mile round trip and reaches the poorest off-season area. Here, as in most of the Upper Peninsula, residents depend upon summer tourist trade for the bulk of their income. Approximately 70 families depend on the county food distribution bus to "pull them through the winter."

The shortest run is to Brimley and Bay Mills Indian Reservation. In both communities commercial fishing was the primary industry until the late 1950's. But since then, sea lampreys have wiped out the bulk of Lake

Superior's prime catch fish. Now few other means of income exist there.

"Some of the 39 qualified Indian families have 13 members and hardly any means of support," said bus crew leader Dick Gavin as the bus stood parked in the reservation's chapel parking lot. The sun-reflected snow made him squint through the plastic interview window as he reviewed the case histories of some of the neediest local residents.

"In some communities where we deliver, the caseload lightens during the summer, but here it always keeps growing."

As if to emphasize Gavin's point, two household representatives came to the bus window to see if their families qualified to receive donated foods. Both received their household size allotment of food, for Gavin is authorized to handle on-the-spot certification and food distribution if shown sufficient documentation of the family financial situation.

"Once we authorize a household in the field, the Social Services office checks out the information the new recipient has given us," Gavin says. "If it is incorrect, we simply discontinue the food the following month. It seldom happens, so we carry a ten percent overload on the bus to give to applicants immediately if their situation is critical."

Two other areas where emergency food allotments are given out frequently are in Barbeau and on Sugar Island. Barbeau is a small community only 25 miles east of the Soo, but winds that drive temperatures down to 40 degrees below zero and snow up to 8 feet deep over connecting county roads often prevent local residents from getting out.

Sugar Island—like Drummond Island—can be reached only by ferry. But there are no volunteers like Vernon Anderson here, so the bus itself must cross a 600-foot channel of St. Mary's River on the "Sugar Islander." The river forms the boundary between the United States and Canada at this point, and its treacherous 30 to 40 mile-an-hour current



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are one reason why the Soo Locks and Canal were built as a bypass for freighters and ore boats using the St. Lawrence Seaway.

Once on the island, the bus is met by recipients in cars and snowmobiles. Heavy snows make the snowmobile more of a necessity than a luxury. Some volunteer drivers from the Sugar Island Snowmobile Club tow ski trailers so they can take foods to other households on the 25-mile-long island.

Gavin is also a volunteer of sorts. He has been offered better paying positions in his former capacity of construction foreman, but has refused them.

"Dick has found the true value of helping people in need first-hand," Covell says. "Once you discover how much the food distribution program really is helping people up here, you become motivated to do more for it."

June Eagle and her sister Dorothy can attest to Gavin's motivation. Both elderly women live in an isolated house often buried in waist-deep snow. On the run to Barbeau, Gavin and his assistant stop at the sisters' dwelling to give them the 64 pounds of USDA food allowed each month for two persons. The crew isn't asked to make this delivery, but they know that the women might starve without it.

"The plight of these two women is not unusual here," Covell says. But it does point out why we feel that the food distribution program is the best for this area."

To make the mobile food distribution system even more effective, Covell plans to purchase a larger bus and make more stops.

"We can realistically assume that there is a need for more food help because Chippewa is an extremely poor county," Covell explains. "It has a 30 percent unemployment rate, and over 10 percent of the county's population is already receiving USDA foods. We have to reach people that will need such help or we're not doing our job."



The food distribution bus waits at the ferry landing to cross St. Mary's River (above). At Brimley (below), Dick Gavin authorizes a 72-year-old man to receive food for the first time.



By Charles T. Weirauch

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# FOOD RETURNS

By Charles T. Weirauch

**T**HE TOWN OF Wild Rose, in the rolling dairy country of north-central Wisconsin, doesn't get many winter visitors. Heavy snows prevent persons from getting into or out of the village. Besides, it's too small and out of the way to be remembered by many throughout the year.

One couple, who drive a black-and-white remodeled school bus, can't forget Wild Rose, though. Regardless of the time of year, they must make sure that over 300 needy persons living there get enough free food to help provide a healthful diet throughout the month. Because these people cannot get to the food, the food is brought to them.

These recipients need not worry about prompt arrival of the bus each month either, in spite of the town's remoteness and bad weather. This bus crew and several others working for United Counties Distributors have missed only one stop out of the 3,000 made in 10 years of servicing communities like Wild Rose.

Such a successful record is attributed to two elements. One is the availability of free foods given out through USDA's food distribution program for needy families. The other is the planning and initiative of Ted Thomas and Inez Timar, cooperators in the food delivery operation.

"We provide food delivery for ten counties," says Thomas. "The long distances, desolate roads and bad weather involved force us to plan our schedules well and to provide a back-up system. Two buses are on standby to cover for the two on the road in case of mechanical failure."

Making sure the food gets through is of primary importance to Thomas not only because people depend on it, but also because he has a contract to fulfill. If the food doesn't get to where it's supposed to on time, the County Department of Social Services, which contracted Thomas to deliver, would have to reschedule its whole distribution plan. Fortunately, this has never happened.

United Counties Distributors is a business, much like any other transport company. However, exploitation of the food aid program is not Thomas' motive.

"There is simply no other way disadvantaged people in the ten counties we serve could get this free food," Thomas points out. "None of them have conventional food distribution warehouses which recipients can visit to pick up their food."

All counties involved reimburse Thomas on a flat poundage delivered basis and cost-per-mile system. If 20,000 pounds of food are to be delivered, the set rate goes into effect. Once the amount of food exceeds this figure, a 2.3 cents per pound-per-mile rate is added.

Total cost per month varies for each county. For instance, a United Counties bus makes deliveries in Portage County 5 days a month. The runs made there are relatively short. However, Marathon County's food distribution caseload requires that a bus operate there 11 days. Some of the longest runs, up to 210 miles round trip, are made in Marathon, which might as a result, have to pay nearly twice as much as Portage. During the migrant season, extra runs are made to migrant help centers. Food for about 850 persons was provided in this way last summer.

"Regardless of the cost, which may be from \$700 to \$1,000 per county per month, they are saving quite a bit," Thomas says. "Cost of operating a warehouse and the staff to run it could add up to considerably more."

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handle all the paperwork involved with food ordering and inventory reporting to the State that the counties would normally have to pay someone to do."

Operating costs have been a crucial issue for counties since the food distribution program began. "They almost kept some counties from joining," recalls Gordon Gunderson, food distribution supervisor for the State during the program's first years in Wisconsin.

"Some counties now serviced by Thomas said that with the small caseloads they anticipated, food distribution was not worth the cost."

Gunderson found this attitude when he approached the Waupaca County Board in 1962. Here he met Thomas, who was then a member of that county's welfare staff. Both felt that the county and others would join the program if an inexpensive way was found.

"Thomas went out on a limb to prove it," Gunderson says. "He resigned from the county welfare department and later approached them with a smaller version of his present food distribution plan. The board members were enthusiastic and agreed to try it. From then on Thomas convinced other counties to join."

The present director of Social Services for Portage County, Ray Bartkowiak, also remembers Thomas' beginnings with the distribution system:

"Right from the start, the only reason this county joined the food distribution program is because of Thomas' delivery system. We had previously thought that the program would be too expensive to operate. We were pleased with the result, though, when we started working with United Counties Distributors in 1963 and have been ever since."

Portage County presently has 1,433 persons participating in the food distribution program. The buses make 14 stops in 5 days to reach these people, from the little town of Almond with its total population of

165 to Stevens Point with a population of 23,000. However, smaller towns abound in the counties serviced.

"Here is where the program really reaches the grassroots needy community," says John Mueller, present food distribution supervisor for Wisconsin. "There are many more potential recipients to be found here than in the city because they are isolated from help. A conventional food distribution warehouse set-up would be unable to reach these people unless a bus was added to the county program."

Bartkowiak has similar sentiments. He feels that there are about 2,500 more potential recipients in Portage County. All he needs now is a way of letting them know about the program.

Thomas suggests following in Waupaca County's footsteps. Instead of requiring that potential recipients come into the Social Services offices to apply for food distribution, Waupaca welfare workers ride the bus when it runs in the county. A person can either apply for the program or be recertified while visiting the bus.

"Right now, we reach approximately 11,000 persons with USDA foods. Word of mouth seems to be our best advertising, along with the widespread use of recipes and county program information distributed from the buses at every stop," says Mrs. Timar.

Other areas have taken note of how successful the bus distribution system is at increasing program participation. Eight Wisconsin counties have patterned their distribution after the New London operation.

"They couldn't be following a better lead," says Mueller. "The State feels that this is one of the most efficient and fastest food distribution operations going in the country. This is important to us because right now United Counties Distributors handles over one-sixth of the State's food distribution caseload."

"Best of all, we consider what we are doing is more of a service to the community than a business," Thomas says. "The food distribution program has accomplished what it set out to do. Now we're glad to be able to help it."



Recipients pick up their foods at a stop in Wild Rose, which is located in north-central Wisconsin.



# Cooperative Efforts Provide Key to Lunch Program

SHE WAS A SMALL girl—even for a third grader.

Her teacher noticed that unlike many children who went home for lunch, she usually played on the campus at lunchtime. When her teacher asked why she stayed at school, she replied, "I'm afraid to go home. The house is empty."

"Where's your mother?" the teacher queried.

"She works," said the little girl.

"Then, why don't you bring your lunch?" the teacher persisted.

"I do, sometimes, when we have leftovers from supper," she said.

The plight of this small child underscored the urgent need for lunch programs in the Mission and Weslaco Independent School Districts, where there were many children without access to an adequate noon meal.

Since there were insufficient resources to finance the construction of cafeteria buildings, schools in these lower Rio Grande communities were blocked from taking advantage of

the funds and foods offered by USDA through the National School Lunch Program.

Otto Longlois, superintendent of the Weslaco schools explained: "We had two small cafeterias, but they were so inadequate we reached only part of our students."

"And there were only snack facilities in a few of the Mission schools," added Superintendent Kenneth White.

The need for the National School Lunch Program in both Mission and Weslaco schools was emphasized further when surveys indicated that 70 to 80 per cent of the 12,000 students in the two districts would be eligible for free or reduced-price lunches under the minimum national income guidelines established by USDA.

School officials, community leaders and parents, determined to provide their children with a complete school lunch, turned to their State legislators and U.S. Congressmen as

well as to State and Federal government agencies for help. The prospects looked bleak, since no agencies had funds for constructing cafeterias.

The Texas State Education Agency had USDA funds to buy 75 percent of the equipment for a cafeteria, but Mission and Weslaco still needed funds for the remaining 25 percent.

The big breakthrough came when the Southwest Federal Regional Council responded to the Mission-Weslaco needs as outlined by Martin Garber, Southwest FNS Administrator. Although the Federal Regional Council had no special funds it could use, each member agency had resources to contribute.

The Department of Labor provided \$150,000 for the construction of cafeteria buildings through a manpower development program. Migrants, mostly Spanish-Americans, were enrolled in this program to learn how to be bricklayers and construction workers.

The Department of Housing and Urban Development provided temporary facilities and paid for a Federal coordinator of the project; the Department of Health, Education and Welfare supplied portable buildings; and the Office of Economic Opportunity contributed \$185,000 toward matching funds for cafeteria equipment. Leadership was provided by the Department of Transportation.

Soon after school opened, the two new school food service systems were dedicated by Assistant Secretary of Agriculture Richard Lyng, who said, "... you have here an example of how our form of local, State, and Federal government works."

Members of the Southwest Federal Regional Council, who attended the dedication, were served a Type A lunch along with the students.

The opening of the school lunch programs in Mission and Weslaco marks a major thrust in the campaign to bring all "no-program schools" into the National School Lunch Program, pointed out Charles Cole, Chief School Lunch Consultant, Texas State Education Agency. This means that more than 98 per cent of the elementary and high school students in Texas public schools now have access to the USDA Type A lunch. ☆

*Superintendent Kenneth White explains to Mission first graders where foods from the central kitchen will be delivered to their school. The new building is shown here in the early stages of construction.*





# STUDIES MADE OF FOOD PROGRAMS

IN DECEMBER 1970, a study was funded by USDA's Food and Nutrition Service to evaluate certain aspects of the food stamp and food distribution programs in Bedford and Huntingdon Counties, Pa. A sample of households was surveyed successively over a period of time to see what differences could be observed and attributed to the programs. The same households were questioned in the followup surveys. Surveys consisted mainly of 24-hour dietary recall of food intake.

Specifically, the study was to (1) evaluate the effect of food stamp and food distribution program participation on food nutrient intake of recipients by comparing intake of participants with that of nonparticipants; (2) compare the nutrient impacts of each of the two programs by comparing intake of participants switching from one program to another; and (3) evaluate differences in the nutritional effects of the improved food stamp program as operated in the summer of 1970 and the program as operated in 1969.

The study was completed in February 1971. It was published by the Pennsylvania State University in June 1972, under the authorship of J. P. Madden and M.D. Yoder: "Program Evaluation: Food Stamps and Commodity Distribution in Rural Areas of Central Pennsylvania." The study followed up on earlier work funded by the university.

## MAJOR FINDINGS

☆Families participating in the food distribution program in June 1969 were found to have no measurably better diets than similar families not participating in the program. This finding implies that program recipients spent the money they would have used for food (in the absence of the program) for other things rather

than for a better diet. It also may mean that the tools employed in the analysis were too crude to measure the true differences.

☆Families that formerly participated in the food distribution program and subsequently joined the food stamp program (Sept. 1969) were not found to have any better diets under one program than they had under the other program. However, families that dropped out of the food distribution program were found to have worse diets than those that joined the stamp program.

☆The diets of food stamp recipients were found to be significantly improved, compared with nonparticipants in two situations: (1) Within the first 2 weeks of having received their allotment of food stamps, and (2) after about 2 weeks of receiving income. The intakes of iron and thiamine were most significantly increased. Similar improvements were found for protein, phosphorus, riboflavin and niacin. But these increases were judged not to be as important in view of already adequate levels of intake.

☆Families that stayed in the food stamp program between September 1969 and June 1970 (when a second survey was made of food stamp participants) had only a small increase in dietary adequacy. In fact, it was measurable only in Bedford County. New recipients in the final survey experienced a much greater increase in dietary improvement than had previous recipients.

☆Nutritional impacts of participation in the food stamp program in an overall sense were not statistically significant in Huntingdon County. But food expenditures of program participants were somewhat higher than spending by nonparticipants.

☆In Huntingdon County, nearly a fourth of the low-income people not participating in the initial survey had joined the program by the time of the second survey, 15 months later. Only one family re-interviewed had dropped out of the program.

☆There were substantial shifts in participation in Bedford County over the three surveys. (Huntingdon had only two surveys.) Nearly two-thirds of the original families surveyed in

June 1969 were receiving commodities. A year later, only one-third of the same families were receiving food stamps, and many of these were non-recipients in one or both of the first two surveys. Among other things, this information points up the importance of studying the extent of in-and-out participation. The food programs obviously reach a lot more people over a year's time than implied by data that report participation only in a particular month.

☆Families were found to achieve a greater efficiency in terms of getting more nutritional value per dollar of food cost when less resources were available to the family, in terms of both cash and food stamps.

☆Food expenditures by families receiving food stamps averaged higher than those not participating in the program. However, only in Huntingdon County was the higher level of food expenditures statistically significant. Spending there was \$8 per person per month higher.

☆Families with incomes above poverty but no more than 25 percent above that level had no better diets than those that were below the poverty line. However, families with incomes higher than 125 percent of poverty had measurably better diets than those below poverty. The increase, however, was small compared with the percentage increase in income. Madden estimated that it would take about a \$5 increase in income to increase food expenditures by \$1, at the rates implied by this study. This is rather small considering the level of income studied. It suggests that income supplements lead to lesser increases in food spending than comparable amounts of benefits in terms of bonus food stamps.

The Madden study provided insights into some of the most important aspects of the food programs. Measurements in terms of nutrient intakes provide a tougher test of the programs than comparing food expenditures or quantities of food purchased. The fact that food stamp program benefits were measurable in some cases is significant. It suggests that the food stamp program may well be a more effective program than the distribution program. ☆



# AN OIC MASTERS NUTRITION EDUCATION

By Thomas A. Gregory

WEARING A CREW-CUT and a perpetual smile, hefty Ray Anderson would look perfectly at home cooking sizzling steaks on a backyard grill or frying fresh trout along the banks of one of the mountain streams that abound in North Georgia. But a master at nutrition education? No, Anderson just does not look the part.

Nevertheless, carrying the message of better nutrition is Ray Anderson's forte, and those who know him feel that he has no peer in this endeavor.

Officer-in-charge of the FNS food stamp program field office in Gainesville, Anderson supervises 25 Georgia counties, extending from the cotton-growing belt in the middle of the State to the mountainous counties that border North Carolina and Tennessee.

At the risk of being criticized for overemphasizing this phase of his many faceted job, the genial OIC admits that he places high priority on nutrition education because he feels there is an urgent need for it.

"It would be somewhat ridiculous," he reasons, "for us to make such a mammoth effort through the food stamp program to provide the means for poor people to purchase food and not take the extra step of giving them some basic information on how to buy, store, and prepare it."

Leaders in the field of nutrition education all point with pride to Anderson's success. The education program, they agree, is not confined to food stamp recipients and other low-income people; it spills over into the entire community.

How does Ray Anderson do it?

"Well, that's the secret," he grins. "Our 25-county area, like all other sections of the country, has a wealth of allies and resources in local, State and Federal agencies, private business, and dedicated citizens. We use them all."

Among his allies are nutritionists and home economists with the Georgia Cooperative Extension Service, rural electrical membership co-operatives, staff members of federally funded community action agencies, high school home economics teachers, home demonstration councils, 4-H and FHA Clubs, health departments, churches, banks and local business firms, and the Departments of Family and Children Services.

One very important resource is the Pickens Area Vocational School located in Jasper. It provides a huge mobile classroom which roams the seven mountainous counties surrounding the school and stops at any crossroad where a sufficient number of people can be found to hold a class. Mrs. Eliza Cagle, instructor of consumer education and family skills, teaches courses in numerous consumer areas, of which her most popular is nutrition. For this class Anderson provides her with all the literature she can use.

Mrs. Cagle gives the mountain housewives tips on how to spend their money wisely and on how to store their groceries at home. Then with the aid of her complete little kitchen on the van, she gives cooking demonstrations. Sometimes, she snaps down a screen and shows a movie.

"The housewives look forward to Mrs. Cagle's scheduled visits for the valuable lessons they receive," Anderson says, "and the fun they have. It's a wonderful social hour for many mountain housewives whose opportunities for social life are extremely limited."

Anderson is overjoyed that the Lanier Area Vocational Technical School at Gainesville is inaugurating a similar program and adding a mobile classroom later this year. He also plans to help them with the counties they will serve.

Another strong ally of Ray Ander-

son is the Teenage Nutrition Council in his area. "The kids are able to tell the nutrition story in their own way to people we would have difficulty reaching," Anderson says. "They do an unusually fine job in the promotion of the school lunch programs in the schools." He adds that young people are effective in taking the nutrition message home to their parents.

The backbone of Anderson's successful education programs are the county nutrition councils. There are 18 active ones in his 25-county area—all teaching nutrition to those who need it most. Anderson attends as many meetings as possible and provides them with all the FNS booklets, pamphlets and other materials he can find.

Most of the county councils work in the following areas:

☆*Publicity.* They supply news media with information on nutrition programs, encourage young people to make posters for special occasions, such as School Lunch Week, and prepare exhibits for county fairs and other events. Publicity committees also provide speakers on nutrition and make radio appearances.

☆*Transportation.* They enroll volunteers to transport the elderly and those without cars to meetings, cooking demonstrations, or other events.

☆*Cooking demonstrations.* They arrange and conduct demonstrations in buying, canning and cooking. These are held frequently during the year at school lunchrooms, church kitchens, community houses and other convenient places.

A typical example of such a demonstration is one recently conducted by the Pickens County Nutrition Council at the Hinton Community House. Mrs. Marvis Dilbeck, a retired home economist with the Extension Service and president of the council, was in charge.

Housewives of all ages and economic status nearly filled the community house. Outside one of the members looked after the children as Mrs. Dilbeck began the meeting.

Facing the 60 to 70 attentive housewives, some holding babies in their arms, Mrs. Dilbeck talked in



Food Stamp OIC Ray Anderson (right) visits the home of an elderly couple in Towns County to talk about the program.

front of a long table filled with the ingredients she would use.

Today, she informed her listeners, she would prepare some salt pork chowder, following a pictured recipe in USDA's Smart Shopper booklet. She then passed out copies of the recipe to the group and gave a step-by-step demonstration. She took every opportunity to toss in tips on preparing tasty meals in an inexpensive way. After the demonstration she was showered with questions.

"When one gets that kind of response," observes Anderson, "it is quite obvious that progress is being made."

In addition to the chowder, Mrs. Dilbeck and the other council members served sandwiches, cakes and other mountain foods. During the social hour, recipes were exchanged and discussions continued on preparing good meals inexpensively.

Throughout the meeting, Anderson was ready to help wherever needed. "I think," explained one of the council members, "that this is the secret of Mr. Anderson's success. He does not attempt to do it all and neither does he try to take credit when the job is completed. He just assists in organizing those interested in the program, twists a few arms when talented people who should be helping are not council members, and provides imagination and enthusiasm."

She added that the popular OIC is a genius in knowing what it takes to get his workers moving. Whatever is appropriate for the occasion, Anderson is ready—gentle criticism, a little suggestion, or most likely, lots of praise for jobs well done.

Throughout North Georgia—in the tiny mountain cottages, the poverty-stricken sections of the cities, or the most affluent homes in all areas—people are buying wholesome food, preparing it better, and serving families more nutritious meals because of broad, comprehensive nutrition programs being conducted there.

Observing it all with a most satisfying smile is the grey-headed man with a crew cut—Ray Anderson, who believes what he preaches throughout the mountains of North Georgia. ☆







## food stamps come to the Grand Canyon

BECAUSE OF THE rustic setting, you almost expect the sign to be chiseled into stone, or artistically burnt into an aged piece of wood. But instead, it's proper, red, white and blue, sending its message out across this narrow green side canyon of the Grand Canyon—FOOD COUPONS ACCEPTED HERE.

Time and the Arizona sun have mellowed the bright colors of the sign, and it now blends well with the rough, weathered stone walls of the sturdy building locals call simply, "the store." However, its purpose has been served and acceptance of the food assistance program has steadily grown among members of one of the Nation's smallest Indian tribes, living

on one of the most isolated reservations in the country.

They are called the Havasupai, or "People of the Blue Green Water," and they number nearly 300 persons in 57 families. Their name is derived from the startling blue of the mineral laden stream that gives life to the 518-acre oasis almost a half-mile below the south rim of the Grand Canyon and a quarter-mile above its depths.

The remoteness of the Havasupai reservation is not measured by distance but rather by difficulty of access. And since May, when the food stamp program was introduced, the difficult trail to the village of Supai has become well-known to Dustin

Van Vleet, FNS field representative, and Arizona welfare officials, as they attempt to increase food stamp participation among the cautious Havasupai.

Once the comfort of Highway 66 is left behind, it is 62 miles of dirt, gravel and ruts across the arid Arizona high country to the edge of the western end of the Grand Canyon and the entrance to the Havasupai reservation, Hualapai Hilltop.

From Hualapai Hilltop to Supai, it is only 8 miles. But it is 8 miles traversed only by horse, on foot, or by helicopter. The first mile of the 3-hour trip follows a centuries-old switchback trail that hangs to the face of the canyon wall and is so narrow



FNS field representative Dustin Van Vleet (right) explains the food stamp program to Ted Shaffer, general manager of the nonprofit store.



The horse is the major means of getting around on the only street in Supai (left). The village is part of the Havasupai Reservation, located almost a half-mile below the south rim of the Grand Canyon (below).



in most places that two horses can't pass. The road then follows a dry creek bed strewn with rocks, some the size of houses. A scenic and exciting trip for the thousands of tourists who flock to the reservation each year, it is tedious and tiring for the Havasupai who make their living by packing supplies and guiding tourists along it almost daily.

The packing industry is the basis of the Havasupai economy. For the tourist who wants to ride one of the sure-footed horses into the canyon, the price is \$18.00 round-trip. Of this amount the Havasupai packer nets \$12.00 with the rest going into the tribal fund. During the summer months packers and guides are kept

quite busy, often making a trip a day. But during the rest of the year, business is generally quite slow.

On his first food stamp certification trip to the canyon, Mohave County director of public welfare Richard Terrin expected a flood of applications for participation. However, only about a dozen families were certified. The rest adopted a cautious wait-and-see attitude.

This was a puzzling turn of events in view of the demand for food stamps expressed by tribal leaders when Arizona switched Statewide from USDA's food distribution program to the food stamp program.

While the Havasupai patiently listened to food stamp program bene-

fits, they made no move to sign up for participation. Only a few, mostly older people and those on public assistance, made application. House-to-house visits by Terrin and a case-worker enlisted a few more families but most preferred to see what happened to those who had already signed up.

Shortly after Dustin Van Vleet travelled to the canyon to certify the store to accept the coupons, Terrin received some encouraging reports that more families wanted the program. But again they were disappointed as only four more families were added to the food stamp roles. Subsequent visits have added others and as of October, families receiving food stamps totaled 27.

Ted Shaffer, business manager of the Havasupai Enterprises, believes that nearly all the families in the canyon are eligible for the food stamp program. He explains that packing jobs must be spread among the men of the canyon and that the number of tourists preferring to hike into the canyon is increasing.

At present the tourist facilities from which the Havasupai can earn money are limited. There are plans to build a tourist lodge but construction is still a few years off.

Shaffer also cites the high cost of food at the tribal owned, non-profit store. Due to the remoteness of the reservation and the necessity to pack everything in, food costs are high.

Fresh fruits and vegetables are grown in the canyon but all other food is trucked to Hualapai Hilltop and from there packed or flown in. Perishable items, such as meat, eggs, butter and bread, are delivered to Hualapai Hilltop 3 times a week in the mail and then either flown in at 6 cents per pound or packed in, depending upon the availability of packers.

More trips to the remote canyon home of the "People of the Blue Green Water" are planned by Arizona welfare officials and the FNS representative. They believe that, eventually, all eligible members of one of the Nation's smallest tribes will sign up to participate in the food assistance program. ☆



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